



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01265, Cheese, cheddar, nonfat or fat free**

**Report Date: July 16, 2017 18:11 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 28g
<b>Proximates</b>					
Water	g	57.00	--	--	15.96
Energy	kcal	157	--	--	44
Energy	kJ	657	--	--	184
Protein	g	32.14	--	--	9.00
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	3.64	--	--	1.02
Carbohydrate, by difference	g	7.14	--	--	2.00
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca	mg	893	--	--	250
Iron, Fe	mg	0.00	--	--	0.00
Magnesium, Mg	mg	16	--	--	4
Phosphorus, P	mg	484	--	--	136
Potassium, K	mg	66	--	--	18
Sodium, Na	mg	1000	--	--	280
Zinc, Zn	mg	1.82	--	--	0.51
Copper, Cu	mg	0.021	--	--	0.006
Selenium, Se	µg	14.5	--	--	4.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.012	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 28g
Riboflavin	mg	0.221	--	--	0.062
Niacin	mg	0.051	--	--	0.014
Vitamin B-6	mg	0.045	--	--	0.013
Folate, total	µg	11	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	11	--	--	3
Folate, DFE	µg	11	--	--	3
Choline, total	mg	15.4	--	--	4.3
Vitamin B-12	µg	0.49	--	--	0.14
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	60	--	--	17
Retinol	µg	60	--	--	17
Carotene, beta	µg	4	--	--	1
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	207	--	--	58
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.02
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.0
Vitamin D	IU	5	--	--	1
Vitamin K (phylloquinone)	µg	0.6	--	--	0.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 28g
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	18	--	--	5
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0